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## RHYTHM FUN Walking Pad Treadmill

# RHYTHM FUN Treadmill (Model: Walking Pad Treadmill) Instruction Manual

Your guide to safe and effective use of your RHYTHM FUN Walking Pad Treadmill.

## INTRODUCTION

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This manual provides essential information for the setup, operation, and maintenance of your RHYTHM FUN Walking Pad Treadmill. Please read it thoroughly before first use and retain it for future reference. This compact and portable treadmill is designed for walking and light jogging in various home and office environments.

## IMPORTANT SAFETY INFORMATION

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- Always ensure the safety lock is correctly attached before starting the treadmill.
- Do not step onto the running belt when it is already in motion at high speeds. Always start at the lowest speed and gradually increase.
- Step onto the side boards when stopping your workout or if you need to pause.
- Ensure the treadmill is placed on a flat, stable surface. Use the provided cushion pads to protect floors and enhance stability.
- Keep children and pets away from the treadmill during operation.
- Regularly inspect the power cord for damage.
- Do not use the treadmill if it is damaged or malfunctioning. Contact customer support immediately.
- Maximum user weight: 220 Pounds.

## PACKAGE CONTENTS

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Upon unpacking, please verify that all the following items are included:

- Safety lock x1
- Remote Control x2
- Installation Tools (Allen key wrench) x1
- Silicone oil x2 bottles
- Cushion pads x4
- User manual x1

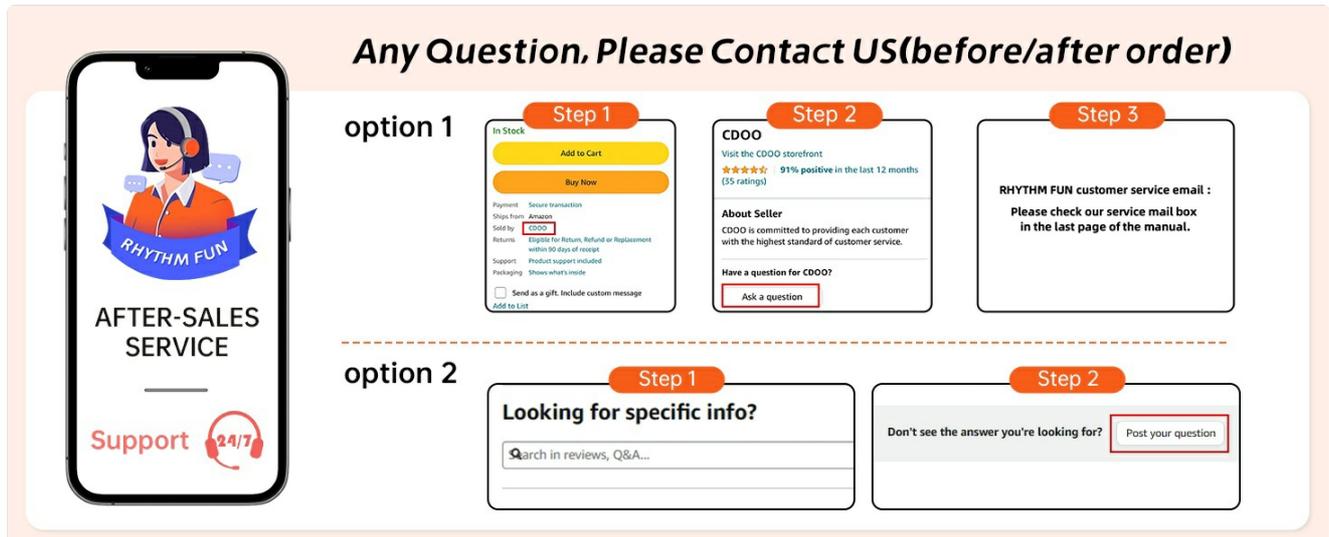


Figure 1: Included accessories with the RHYTHM FUN Walking Pad Treadmill.

## SETUP

### 1. Unpacking and Placement

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, stable surface. For optimal stability and floor protection, place the four provided cushion pads under the treadmill's corners.
3. Ensure there is adequate clear space around the treadmill for safe operation.

### 2. Power Connection

1. Connect the power cord to the treadmill's power input port located at the front.
2. Plug the power cord into a grounded electrical outlet. If you are in an older home with two-prong outlets, a suitable adapter may be required.
3. Turn on the main power switch, usually located near the power cord input.

### 3. Safety Key Attachment

1. Attach the red safety key to the designated area on the treadmill's console. The treadmill will not operate without the safety key in place.
2. For personal safety, clip the other end of the safety key to your clothing during use.

# Balance Work-Life

Keep Healthy When Working



Figure 2: The RHYTHM FUN treadmill in use under a standing desk, highlighting its compact design.

## OPERATING INSTRUCTIONS

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### 1. Starting the Treadmill

1. Ensure the safety key is correctly attached.
2. Press the power button on the remote control. The display will show a countdown (3-2-1), and the treadmill will start moving at its lowest speed (0.5 MPH).
3. Step onto the running belt once it begins to move.

### 2. Adjusting Speed

- Use the '+' button on the remote control to increase the speed.
- Use the '-' button on the remote control to decrease the speed.

- The speed range is 0.5 to 3.7 Miles per Hour (0.8 to 6.0 Kilometers per Hour).

### 3. Display Information

The integrated LED display cycles through various workout metrics:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Speed:** Current speed of the running belt.



Figure 3: Remote control and LED display for real-time tracking of motion data.

### 4. Stopping the Treadmill

- Press the power button on the remote control to stop the treadmill.
- Alternatively, pulling the safety key will immediately stop the treadmill for emergency situations.
- Always allow the treadmill to come to a complete stop before stepping off the running belt.

### 5. YiFIT App Connectivity

- The treadmill supports Bluetooth connectivity for use with the YiFIT app.
- Download the YiFIT app from your device's app store.
- Follow the in-app instructions to pair your device with the treadmill. The app allows for control of the treadmill and tracking of workout data.



Figure 4: Overview of the YiFIT App features for enhanced workout experience.



Figure 5: Two ways to control the treadmill: via remote control or the YiFIT App.

## 6. Quiet Operation

The RHYTHM FUN treadmill features an ultra-quiet brushless motor, ensuring minimal noise during operation (Motor Noise < 60 DB). This makes it suitable for use in shared spaces or while on calls.

## Ultra-quiet Brushless Motor

- Powerful Motor **2.0** HP
- Speed Range: **0.5-3.7** mph
- Motor Noise **<60** DB
- Service Life: **7-10** Year



Figure 6: Ultra-quiet brushless motor details.

## MAINTENANCE

### 1. Belt Lubrication

- The treadmill belt comes pre-lubricated from the factory.
- Regular lubrication is crucial for maintaining optimal performance and extending the lifespan of the running belt.
- Use the provided silicone oil. Apply a small amount under the running belt, ensuring even distribution. Refer to the specific instructions in the included user manual for frequency and exact application method, or contact customer support for guidance.

### 2. Belt Adjustment

- Over time, the running belt may shift to one side. This is normal with use.
- To adjust the belt, use the provided Allen key wrench. Locate the adjustment screws at the rear of the treadmill.
- Turn the screw clockwise or counter-clockwise in small increments (e.g., quarter turns) to center the belt. Operate the treadmill at a low speed during adjustment to observe the belt's movement.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start.	Safety key not in place; Power cord not connected; Main power switch off.	Ensure safety key is attached. Check power cord connection and main power switch.
Error message on display.	Safety key not properly attached or dislodged.	Re-attach the safety key firmly.

Problem	Possible Cause	Solution
Running belt shifts to one side.	Belt requires adjustment.	Refer to the "Belt Adjustment" section in Maintenance.
Unusual noise during operation.	Lack of lubrication; Loose components.	Apply silicone oil to the belt. Check for and tighten any loose screws.
Treadmill overheats.	Prolonged high-speed use; Internal component issue.	Allow the treadmill to cool down. If the issue persists, contact customer support.

For any issues not listed above, please contact RHYTHM FUN customer support.

## SPECIFICATIONS

Feature	Detail
Brand	RHYTHM FUN
Model Name	Walking Pad Treadmill
Color	Black
Product Dimensions (LxWxH)	49"D x 4.5"W x 19.3"H
Item Weight	37.5 Pounds
Maximum Speed	3.7 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Weight Recommendation	220 Pounds
Maximum Horsepower	2 Horsepower
Special Feature	Compact Design, Portable
Display Type	LCD
Connectivity Technology	Bluetooth
Frame Material	Aluminum
Deck Length	40 Inches
Deck Width	15 Inches

## WARRANTY AND SUPPORT

For warranty information, product support, or any questions regarding your RHYTHM FUN Walking Pad Treadmill, please refer to the contact information provided in your purchase documentation or on the official RHYTHM FUN website. Customer support is available 24/7.



Figure 7: After-Sales Service contact options.

## PRODUCT VIDEOS

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### RHYTHM FUN Under Desk Walking Treadmill Review

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This video provides a detailed review of the RHYTHM FUN Under Desk Walking Treadmill, covering its features and user experience.

### Best Standing Desk Treadmill, Compact

Your browser does not support the video tag.

This video highlights the compact design and suitability of the treadmill for standing desk setups.

### Powerful but in a Small Package

Your browser does not support the video tag.

This video showcases the treadmill's powerful motor and compact size.